

Ayurvedic Approach to Management of Hypothyroidism - A Case Study

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Abstract:- Background: Hypothyroidism is one of the most prevalent endocrine disorders globally, with a rising incidence in India, particularly among females. Modern management relies on long-term thyroxine therapy, which can cause adverse effects. Ayurveda offers an alternative approach to treating hypothyroidism by addressing its root cause and balancing the body's Doshas.

Objective: To evaluate the efficacy of Ayurvedic medicines and Panchakarma therapy in managing primary hypothyroidism.

Methods: A 28-year-old male patient with hypothyroidism symptoms, including puffiness of the face, hyperpigmentation, mood swings, anxiety, and an irregular sleep cycle, was treated using a combination of Ayurvedic herbs (Hansapadi, Kutaki, Pippali, Punarnava, Kanchnar, Lohabhasma, etc.) and Panchakarma therapies such as Deepana, Pachana and Nasya. Dietary and lifestyle modifications were also advised. The patient was monitored for three months, with subjective and objective parameters, including TSH levels, assessed.

Results: After one month of treatment, the patient showed significant symptomatic relief. By the third month, there was a marked reduction in TSH levels, indicating improved thyroid function.

Conclusion: This study highlights the potential of Ayurvedic treatment in effectively managing primary hypothyroidism without side effects. Further large-scale clinical studies are necessary to validate these findings and establish Ayurveda as a reliable alternative therapy.

Keywords: Hypothyroidism, Galaganda, Ayurvedic Treatment, Nasya, Case study.

INTRODUCTION

Thyroid disease is one of the most prevalent endocrine disorders worldwide. Hypothyroidism can result from any of a variety of abnormalities that lead to insufficient synthesis of thyroid hormones.

Thyroid dysfunction prevalence is rising at an alarming rate in Indian population, more prevalent among the females. In modern science, the treatment of hypothyroidism is done by thyroxine hormone therapy for long time but this medication can lead to several side effects like chest pain or discomfort, difficult or labored breathing, extreme fatigue, irritability etc. However, in recent times, hypothyroidism can be well managed with Ayurvedic medication. In present study, a hypothyroid case has been treated successfully with combination of ayurvedic medicines (*Hansapadi, kutaki, pimpli, Punarnava, kanchanara, lohabhasma etc*) and panchakarma therapy. The present case study has focused effectiveness of Ayurvedic medicines in primary hypothyroidism.

Present Complaints

A present case is of 28-year-old male patient presented with puffiness on face, hyperpigmentation on neck, irregular sleep cycle, mood swings, Anxiety. The patient visited to clinic with above mentioned complaints, he had no family history for similar conditions and no significant past history. He also had no any history of hypertension, diabetes, cardiac problem. But having history of smoking 7-8 year. Relevant laboratory investigations done. Reports suggestive of increased TSH levels. The signs and symptoms are of hypothyroidism are taken as subjective parameters and objective parameters as laboratory reports.

Treatment Plan

The treatment was planned seeing the state of rogabala (strength of the disease) and aturbala (strength of the patient). The treatment like amapachak, agnideepan (increasing appetite),

anuloman (proper bowel movement), Lekhana (anti-obesity) and vatakaphanasak properties was done. The treatment was continued for 3 months. The patient was advised as per Ayurvedic fundamental

principles to avoid apathyaahara (food) and vihara (daily activities) like fast and junk food, excessive sleep and other sedentary life style etc.

Treatment Adopted

1	Hamsapadi + Vasa + Guduchi + Nimba + Pippali + Punarnava + Kanchnar + Gokshur + Mandur Bhasma (all in samapramana)	500 mg BD before food
2	Arogyavardhini vati	500 mg BD before food
3	Anu tail nasya	2 drops in each nostril

RESULTS

After 1 month of treatment the patient shows significant response on reduction of symptoms. And

after 3 month of treatment the patient showed significant response in serum TSH level reduction.

SYMPTOMS	AFTER 1 MONTH	AFTER 3 MONTHS
Puffiness on face	-	---
Hyperpigmentation on neck	-	---
Irregular sleep cycle	-	---
Mood swings	-	---
Anxiety	-	---
TSH Level		within normal level

DISCUSSION

Based on the patient's complaints, examination and laboratory investigations, it was diagnosed as Hypothyroidism. Treatment was done according to ayurvedic concepts as *Deepana*, *pachana*, *lekhana*, *bhedana* and *Nasya* as a panchakarma therapy.

Hansapadi

- Anti-Inflammatory – Helps reduce inflammation in the body (can be compared with lekhana karma)

Vasa

- Anti-Inflammatory Effects – Hypothyroidism is sometimes linked to autoimmune conditions like Hashimoto’s thyroiditis. Vasa’s anti-inflammatory properties may help reduce inflammation in the thyroid gland.
- Blood Purification – It helps detoxify the body, which can improve overall metabolism.
- Liver Support – The liver plays a crucial role in thyroid hormone conversion (T4 to T3). Since Vasa supports liver function, it may aid in better hormone regulation.

Guduchi

- Reduces Inflammation – Hypothyroidism is often linked to Hashimoto’s thyroiditis, an autoimmune condition. Guduchi’s anti-inflammatory and immunomodulatory properties may help manage this.
- Improves Digestion & Detoxification – Hypothyroidism can slow down metabolism and digestion. Guduchi supports liver detoxification, which is essential for T4 to T3 conversion (the active thyroid hormone).
- Reduces Fatigue & Brain Fog – It is a natural rejuvenator (Rasayana) that helps combat tiredness, sluggishness, and brain fog, which are common symptoms of hypothyroidism.
- Balances Stress & Cortisol Levels – Chronic stress can impact thyroid function. As an adaptogen, Guduchi helps manage stress and supports adrenal health.

Nimba

- Anti-Inflammatory Action – Nimba reduces inflammation in the thyroid gland, supporting better function.
- Skin & Hair Health – Hypothyroidism can cause dry skin, hair fall, and brittle nails.

Nimba nourishes the skin and scalp, reducing these symptoms.

- Blood Purification – Helps remove toxins (Ama) from the body, which is crucial in metabolic disorders like hypothyroidism.
- Regulates Metabolism – Though primarily used for metabolic disorders like diabetes, Nimba helps balance digestion and metabolism, indirectly benefiting thyroid health.

Pippali

- Boosts Metabolism – Hypothyroidism slows down metabolism, leading to weight gain. Pippali acts as a natural metabolic stimulant, helping to balance sluggish digestion and fat accumulation.
- Improves Digestion & Reduces Ama (Toxins) – Poor digestion and toxin buildup can contribute to thyroid imbalances. Pippali enhances Agni (digestive fire) and clears toxins.
- Supports Stress & Adrenal Health – Chronic stress impacts thyroid hormones. Pippali acts as a mild adaptogen, reducing stress effects.
- Enhances Nutrient Absorption – Many people with hypothyroidism have low iron, selenium, and zinc levels. Pippali enhances nutrient absorption, indirectly supporting thyroid health.

Punarnava

- Reduces Water Retention (Swelling & Puffiness) – Hypothyroidism often causes edema (fluid retention), leading to swelling in the face, hands, and feet. Punarnava acts as a natural diuretic, helping remove excess fluids.
- Supports Kidney & Urinary Health – Since hypothyroidism can impact kidney function, Punarnava supports kidney detox and prevents water retention.

Kanchnar

- Stimulates Thyroid Function – Kanchnar helps in balancing thyroid hormone

production, making it useful in underactive thyroid (hypothyroidism).

- Reduces Goiter & Thyroid Nodules – It has Lekhana (scraping) properties, which help reduce swelling and abnormal thyroid growths.
- Balances Hormones – It regulates hormonal imbalances, which is crucial for women with thyroid-related menstrual issues.

Gokshura

- Hormonal Balance – Gokshura is known for its adaptogenic properties, which can help balance hormone levels. In hypothyroidism, hormonal imbalances occur, and Gokshura can help in restoring equilibrium in the body.
- Enhances Vitality & Energy – One of the hallmark symptoms of hypothyroidism is fatigue. Gokshura is an effective rejuvenator that can help improve energy levels and combat tiredness.
- Supports Muscle Strength & Tone – Hypothyroidism can lead to muscle weakness and joint stiffness. Gokshura helps improve muscle strength, which is beneficial for individuals experiencing these symptoms.

Mandur Bhasma

- Supports Iron Absorption and Hemoglobin Levels – Many individuals with hypothyroidism suffer from anemia due to iron deficiencies. Mandur Bhasma, being rich in bioavailable iron, helps in improving hemoglobin levels and combating fatigue associated with hypothyroidism.
- Enhances Nutrient Utilization – It helps improve the absorption and utilization of nutrients, which is important for individuals with hypothyroidism who may experience deficiencies in vitamins and minerals essential for thyroid health (like iodine, selenium, and zinc).
- Supports Liver Health – Since the liver plays an important role in the conversion of T4 to T3 (active thyroid hormone), Mandur Bhasma can aid in supporting liver function,

which indirectly enhances thyroid hormone metabolism.

- Reduces Fatigue – Hypothyroidism often leads to chronic fatigue and lethargy. Mandur Bhasma helps improve energy levels and combat weakness.

management of primary hypothyroidism without apparent evidence of side effects or any complications. This medicine showed encouraging results in this case. The results need to be studied in more numbers in the early stage of the disease for the better assessment.

Arogyavardhini vati

- Detoxifies the Body
- Supports Liver Function
- Boosts Metabolism
- Reduces Swelling and Goiter
- Supports Digestive Health
- Balances Blood Sugar
- Anti-inflammatory & Immunomodulatory Properties

Rejuvenates and Increases Vitality.

Anu Tail Nasya

- Enhances Brain Function and Mental Clarity – Hypothyroidism often leads to brain fog, memory issues, and lack of mental clarity. Anu Tail Nasya can help stimulate the brain, improve cognitive function, and combat the mental fatigue associated with hypothyroidism.
- Supports the Nervous System – Anu Tail has a balancing effect on the nervous system. It helps calm the Vata dosha, which can be aggravated in hypothyroidism, leading to anxiety, restlessness, or depression. By restoring balance, it can help relieve the emotional and mental effects of hypothyroidism.
- Improves Sleep – Hypothyroidism can disrupt sleep patterns and cause insomnia. The calming and soothing effects of Anu Tail can help promote better sleep by alleviating anxiety and stress, thus supporting restorative rest.

CONCLUSION

From the above study it can be clearly concluded that Hamsapadi, Vasa, Guduchi, Nimba Pippali, Punarnava, Kanchnar, Gokshur, Mandur, Bhasma (all in samapramana) combinedly effective in the